

Wellness Committee Meeting
Oct 23, 2025
Minutes

Attendance:

Nick Milone - Food Service
Priscilla Barahona - Food Service
[Jeanette Slimmer](#)- GAMS Nurse, Health Services
Kristy Caywood - GAMS Principal
Crystal Grossman - GAHS Asst. Principal
[Katherine Schiefer](#)- Lincoln Principal
Elizabeth Kriel - FCS - GAHS
Jennifer Weigle - District Social Worker
Tara Zimmerman - Family Navigator
Rachel Hastie - Family Navigator
Vanessa Sanders - District Communications
Michelle Pecaitis - Phys. Ed. James Gettys
William Morris - Student
Livia Powell - Student

Absent from meeting - Shelly Lappi, Matt McFarland, Belinda Wallen, Tammy Signor, Penny Adams, Alison Flores, Morgan Miller, Natalie Sinclair, Fleesa Winters

Welcome and minutes - Nick welcomed the committee. Jen Weigle made a motion to approve the minutes from March 20, 2025

Committee Updates - looking for new collaborations and initiatives for the Wellness Committee
Wellness night went great for the first time looking for ways to improve and new ideas.
Addressing the wellness policy on clarifications and what schools can and can't do during the school year. Looking for ways on how to enhance and expand the program.

Food Service - Nick explaining food allergies within the district, making more challenges for the school lunch program. Seeing more Gluten allergies. Halal has become more popular within our schools. PrimeroEdge - new program this year working with our menus and recipes, but making headway to help prepare for our Review this year.

Roundtable - New ideas and what you are doing in your buildings to support wellness. Recess for students. Positive feedback on Rebellious foods more interest in Plant based foods. Initiating Meatless Mondays during the second half of the school year. Grab and Go breakfast at the HS would like to change location to see if participation grows. Grab and Go Breakfast expansion - Mobile carts. Lincoln Elementary is interested in giving it a try. Michelle P. mentioned maybe more breakfast sandwiches instead of sugary foods, expressing too much food for smaller children. Nick shared USDA plans on phasing out sugary breakfast items next school year.

Social Services - Jen Weigle expresses concern with SNAP benefits being reduced or families losing benefits this coming November asking on what we can do to help families.

FACS - HS. Elizabeth Kriel shares a new Sports Nutrition class taking place. Teaching the students about macronutrients and learning about spices to help make foods taste better she would like for students to have better knowledge and food literacy skills.

Student feedback - William Morris was interested in learning about portion sizes and the meal patterns the USDA puts out. Feels portions are either too big or not enough for K-12 students.

Health Services - Jeanette shares her concern regarding the Flu vaccine being cancelled for our students. Afraid of more sickness this year.

Next meeting - December 4th - 3:00 - 4:00 pm - to be confirmed - Board Room of Administration Building